



BIOHACKING: HEALTHY TREND OR DANGEROUS EXPERIMENT?



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INTRODUCTION

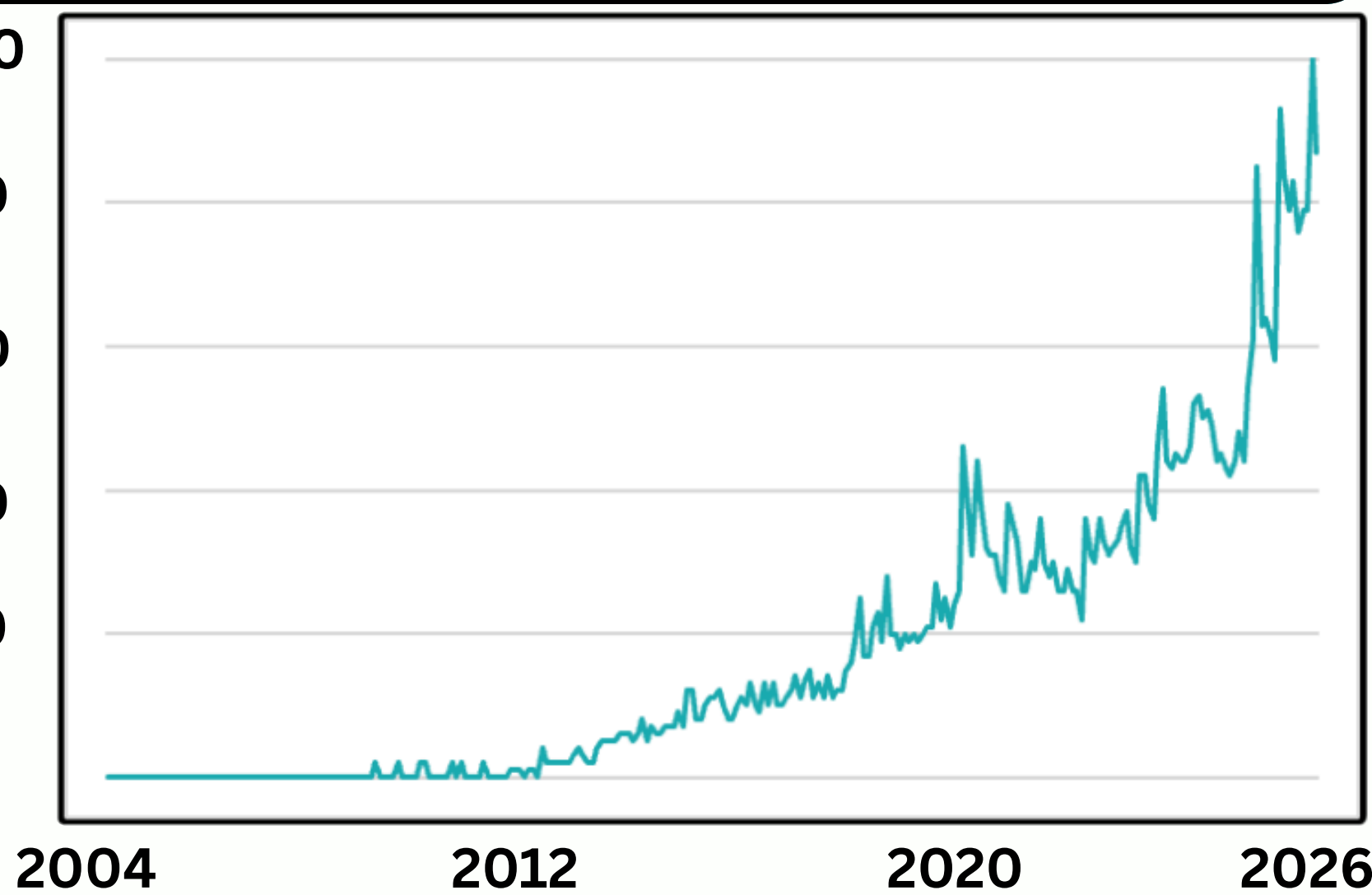


The term "biohacking" can be traced back to Silicon Valley in the late 80s. It refers to self experimentation and lifestyle interventions aimed at improving health, performance, or longevity. Initially, biohacking was about making science accessible to everyone. As genetic analysis tools became cheaper and easier to access, the movement grew rapidly. Today, biohacking ranges from advanced gene editing to simple daily habits.

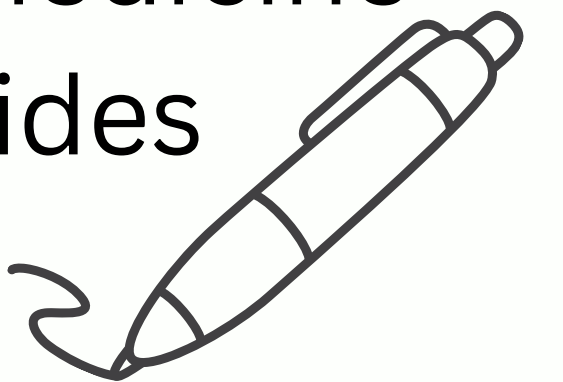


GROWING TREND

Worldwide relative Google search interest of the term "Biohacking" from 2004 to 2026.
<https://trends.google.com/explore?q=biohacking&date=all&geo=Worldwide>



- Dieting and fasting
- Monitoring health data
- Cold plunges, IR sauna
- Alternative medicine such as peptides
- Gene editing



WHERE TO DRAW THE LINE?



PROS

- Accessible to everyone
- Focus on prevention instead of treatment
- Potentially improves lifestyle habits
- Can complement traditional medicine



CONS



- Often lacks scientific documentation
- Commercial interests override patient safety
- May replace effective medical treatment
- May increase insecurities for younger people
- Can undermine medical research

SOURCES

Google trends - <https://trends.google.com/explore?q=biohacking&date=all&geo=Worldwide>
Images - www.freepik.com

